

Slips

Trips

Falls

the Winter 3

## Slips, Trips, and Falls – The Winter 3 Transcript

With winter comes the slippery stuff — the cold, the ice, and snow — in parking lots, on side-walks, and on steps...all of which can lead to the Winter 3 — slips and trips and falls...and sometimes broken bones, and sprains, and strains.

Slips in the winter are mostly caused by a slippery surface, plus wearing the wrong footwear, and simple distraction.

So to avoid the Winter 3, here are three things you can do:

- Change the surface.
- Change your shoes.
- Change your walk.

First — change the surface!

- Spread sand or salt on icy surfaces on walkways, work areas, and steps.
- Consider putting the activity off until conditions improve if the weather is really bad.
- Keep steps and equipment clean and dry. Take the time to clean off mud, snow, and ice.

Second — change your shoes!

- Wear shoes or boots with a flat, low heel, a slip-resistant sole to reduce slipping hazards, and a good tread that helps to grip the surface.

And finally — change your walk!

- Walk slowly and carefully.

### More Resources:

- OSHA: Walking-Working Surfaces (Slips, Trips, and Falls) - <http://www.osha.gov/SLTC/smallbusiness/sec15.html>
- National Safety Council: Slips, Trips, and Falls - <http://www.nsc.org/mem/educ/slips.htm>

Special thanks to: ADBS: *Slips, Trips, and Falls*; JCNNM: *Slips, Trips, and Falls*

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- Avoid rapid changes in direction.
- Go where you're looking. Look where you're going.
- Never carry materials that obstruct your view or throw you off balance.
- Remove your sunglasses in low-light areas.
- And use handrails — always!

So this winter, take good care of yourself and avoid the Winter 3.

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